

**PENDING CLAIMS AS AMENDED**

Please amend the claims as follows:

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1. (Amended) A method for transmitting data comprising the steps of:
  - transmitting a message indicative of the rate of said data prior to and independent of data transmission and the time interval over which said data will be transmitted at said rate; and
  - transmitting said data at said rate during said time interval.
2. (Amended) The method of Claim 1 wherein said message comprises:
  - an indication of the [tram] frame type;
  - an indication of said rate of said data; and
  - an indication of said time interval.
3. (Original) The method of Claim 1 wherein said message comprises:
  - a two bit indication of the frame type;
  - a four bit indication of said rate of said data; and
  - a four bit indication of said time interval.